

CHRONIC DISEASE CONNECTION

IMPROVING MARYLAND'S HEALTH BY
PREVENTING AND CONTROLLING CHRONIC DISEASE

Upcoming Events

National DPP
Coach Training
November 7 and 8, 2017
([Frederick, MD](#))

Center Resources

[BeHealthyMaryland.org](#)

[Diabetes Resources](#)

[Healthiest Maryland
Businesses](#)

[Million Hearts](#)

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Walk Maryland Day Success!

*The third annual event was bigger than ever
with walks in every jurisdiction--goal met!*



On October 4, 2017, the Maryland Department of Health kicked off Walk Maryland Day with a lunchtime walk led by Acting Deputy Secretary Jinlene Chan, MD. An impressive 172 walks took place around the State! [Walk Maryland Day](#) is a call to action to promote regular walking for physical activity and improved health. See photos from various events by searching #WalkMD on Facebook, Twitter and Instagram.

Center Staff Give Back!

*Staff recently rolled up their sleeves
and volunteered as part of the
Day to Serve Initiative.*



Center for Chronic Disease Prevention and Control staff recently assisted the Maryland Zoo's horticulture department with weeding, planting and mulching a special exhibit area. Other staff went to Moveable Feast, where they packaged 755 nourishing lunches for home-delivery to individuals with serious chronic illnesses. The [Day to Serve program](#) encourages volunteerism and promotes how our state's residents serve their communities.

Support Class for Cancer Survivors *Living Well's Thriving and Surviving Program helps survivors take charge of their health.*

Thriving and Surviving is a six-week program facilitated by trained leaders who are thriving and surviving after a cancer diagnosis. Family members and caregivers are welcome! This program is part of Living Well chronic disease management programs with locations throughout Maryland. Learn more [here](#).



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